



NEWS RELEASE

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Governor Hoeven Proclaims *Women's Health Week* in North Dakota

BISMARCK, N.D. – Governor John Hoeven has proclaimed May 9 through 15, 2004, as *Women's Health Week* in North Dakota.

Women's Health Week is observed annually with the goal of helping women live longer, healthier lives by taking simple, positive steps to improve their health.

"Women's health remains a priority for families, communities and governments," Hoeven said. "*Women's Health Week*, which begins on Mother's Day, is a perfect opportunity to encourage moms, aunts, sisters, spouses and best friends to visit a health-care professional for preventive services and screening."

Since many of the leading causes of death among women can be successfully prevented or treated if the warning signs are caught early enough, a reminder from loved ones to get a regular health checkup is one of the nicest gifts a woman can receive. When women take even the simplest steps to improve their health, the results can be significant. Eating right, exercising more and going to the doctor for checkups all can go a long way in preventing future health problems.

"Because women generally are the primary caregivers, they are vital to the health and well being of their families," said State Health Officer Terry Dwelle, M.D., M.P.H. "A healthy woman means a healthy family. In order for women to be healthy, however, they must have access to information – about their risk factors and about preventive measures that can ensure good health. Information leads to knowledge, which helps women make informed decisions for both themselves and their families."

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Some women need certain screening tests earlier or more often than others. During their checkups, women should discuss with their health-care professionals which of the tests are right for them, when they should have them, and how often. Two publications women may find useful are "Checklist for Your Next Checkup," available at www.ahrq.gov/ppip/healthywom.htm or by calling 800.358.9295; and "A Lifetime of Good Health: Your Guide to Staying Healthy," available at www.4woman.gov/pub/PG.English.pdf or by calling 800.994.WOMAN.

For more information about *Women's Health Week*, contact Kim Senn or Deb Arnold, North Dakota Department of Health, at 701.328.2493.

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PROCLAMATION
WOMEN'S HEALTH WEEK
May 9-15, 2004

WHEREAS, National Women's Health Week celebrates the extraordinary progress in women's health and recognizes that more needs to be done to safeguard the health of women for generations to come; and

WHEREAS, women from all walks of life and at every stage of life have unique health needs that should be addressed in their own right; and

WHEREAS, partnerships with social, health and other services and promoting awareness of women's health issues helps keep women healthy and safe; and

WHEREAS, women can promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social and spiritual health; and

WHEREAS, women's health remains a priority for families, communities and government, and our commitment to keeping women's health is stronger than ever; and

WHEREAS, citizens of North Dakota are encouraged to work together to promote and improve the health of women and to increase awareness and understanding of women's health issues.

NOW, THEREFORE, as the Governor of the State of North Dakota, I hereby proclaim May 9-15, 2004, as **WOMEN'S HEALTH WEEK** in the state of North Dakota.

John Hoeven
Governor